

Sustaining THE Powers

Meal Plan Monday Week #10 Shopping List

Monday: My [King Ranch Chicken Casserole](#)

Tuesday: [Crock-pot Pumpkin Lentil Stew](#) from [Laa Loosh](#)

Wednesday: [Slow Cooker Fennel Chicken with Orange](#) from [Empowered Sustenance](#)

Thursday: [Spicy Turmeric Twice Baked Potatoes](#) from [The Healthy Family and Home](#)

Friday: [Swiss Chard and Ricotta Pie](#) from [I Breathe I'm Hungry](#)

Saturday: Eat Out

Sunday: Y.O.Y.O (You're on your own – leftovers, etc.)

Pantry Staples/Baking

- ☐ olive oil
- ☐ 1 Tbs. apple cider vinegar

Bread/Tortillas

- ☐ 12 corn tortillas

Grains

- ☐ 1 cup green lentils

Canned Goods

- ☐ 1 (10.75 ounce) can condensed cream of chicken soup
- ☐ 1 (10.75 ounce) can condensed cream of mushroom soup
- ☐ 1 cup chicken broth
- ☐ 1 (10 ounce) can Ro-Tel (diced tomatoes with green chile peppers)
- ☐ 4 cups fat free vegetable broth
- ☐ 1 4oz can tomato paste

Dairy

- ☐ 2 cups shredded cheddar cheese
- ☐ 2 cups whole milk ricotta cheese
- ☐ 3 eggs
- ☐ 1 cup shredded mozzarella
- ☐ 1/4 cup shredded parmesan
- ☐ 1/2 cup almond milk
- ☐ 1/2 cup plain non-fat Greek yogurt

Meat

- ☐ 3 cups cooked, diced chicken breast meat
- ☐ 1 lb mild sausage
- ☐ 1 package (about 3) skinless, boneless chicken breasts or thighs

Produce

- ☐ 4 yellow onion
- ☐ 1 green bell pepper
- ☐ 1 head garlic
- ☐ 8 cups swiss chard (or your favorite greens)
- ☐ 4 russet potatoes
- ☐ 1 shallot
- ☐ 1 fennel bulb
- ☐ 1 bag baby carrots
- ☐ 1 orange
- ☐ 2lbs fresh pumpkin or butternut squash
- ☐ 1 lime
- ☐ 1 bunch fresh cilantro

Seasonings

- ☐ Salt and freshly ground black pepper
- ☐ kosher salt
- ☐ 1 1/2 teaspoons chili powder
- ☐ 1 teaspoon garlic salt
- ☐ 2 tsp ground nutmeg
- ☐ 2 tsp turmeric powder
- ☐ 2 tbsp cumin powder
- ☐ 1/2 tsp red pepper flakes
- ☐ 1/2 tsp Himalayan pink salt (or kosher)
- ☐ 1 tsp. herbes de province (in a jar in spice aisle)
- ☐ 1 tbsp ground ginger